

Drippings of Grace Ministries

Rev. Dr. Lisa Renee Sherman

Day 1: Naming the Hurt

Scripture: *“The Lord is close to the brokenhearted and saves those who are crushed in spirit.”* – Psalm 34:18

Reflection:

Spiritual wounds often cut the deepest. When people who represent God hurt us, it can feel like God Himself has turned against us. Today, give yourself permission to name your hurt. Acknowledge what happened, without minimizing or excusing it.

Prayer:

God, I feel hurt and confused. I trusted people who claimed Your name, and they let me down. Please draw near to me in my pain. Help me to be honest—with You and with myself.

Day 2: God is Not the Church

Scripture: *“For I am the Lord, and I do not change.”* – Malachi 3:6a

Reflection:

God’s character is unchanging. The church, made up of flawed humans, can reflect or distort that character. If someone in the church wounded you, it’s crucial to separate their actions from God’s nature. God is still just, loving, and trustworthy.

Prayer:

God, help me to see You clearly. Show me the difference between who You are and how people have misrepresented You.

Day 3: The Wound Has a Voice

Scripture: “How long, O Lord? Will you forget me forever? How long will you hide your face from me?” – Psalm 13:1

Reflection:

Even biblical heroes like David cried out in despair. Your grief is not a betrayal of your faith. It's a natural, human response to pain. Let your lament be part of your healing.

Prayer:

God, I feel forgotten and unseen. I don't want to pretend everything's fine. Teach me how to bring my raw emotions to You in trust.

Day 4: Jesus Understands

Scripture: “He was despised and rejected by men, a man of sorrows and acquainted with grief.” – Isaiah 53:3

Reflection:

Jesus knows what it's like to be betrayed, abandoned, and misunderstood—especially by religious leaders. You are not alone in your pain. He identifies with you deeply.

Prayer:

Jesus, You suffered at the hands of religious people too. Thank You for understanding what I'm going through. Comfort me in this place of sorrow.

Day 5: Releasing Bitterness

Scripture: “Get rid of all bitterness, rage and anger... forgiving each other, just as in Christ God forgave you.” – Ephesians 4:31–32

Reflection:

Forgiveness doesn't mean forgetting or excusing. It means choosing freedom. Bitterness keeps you tethered to the pain. Ask God for strength to start letting go—not for their sake, but for yours.

Prayer:

God, I'm still angry. Help me to begin releasing this bitterness, not to minimize the wrong, but to set myself free. Teach me what real forgiveness looks like.

Day 6: Rebuilding Trust

Scripture: *"Trust in the Lord with all your heart and lean not on your own understanding."* – Proverbs 3:5

Reflection:

It's okay if trusting people—or even God—feels hard right now. Healing takes time. But your first step isn't to trust the church again—it's to lean into God, even in confusion.

Prayer:

Lord, I want to trust again, but I don't know how. Begin the slow work of rebuilding trust in my heart. Help me to trust You, even when I don't understand.

Day 7: Hope for Restoration

Scripture: *"He restores my soul. He leads me in paths of righteousness for his name's sake."* – Psalm 23:3

Reflection:

Restoration doesn't always mean going back to the same church or people. But God can restore your soul. He can guide you toward safe community and true healing.

Prayer:

God, thank You that You don't leave me stuck in my wounds. Begin restoring my soul. Lead me to the people and places that reflect Your love well.